



NOVEMBER 2009

PROGRAM CALENDAR

MISSION STATEMENT

Our Mission is to create welcoming communities of **FREE** support for everyone living with cancer – men, women, teens and children – along with their families and friends.

Our innovative program is an essential complement to medical care, providing networking and support groups, workshops, education and social activities.

Gilda's Club® Western Pennsylvania

2816 Smallman Street
Pittsburgh, PA 15222
(412) 338-1919

www.gildasclubwesternpa.org

Member Town Hall Meeting & Pizza Party
Members, we want to hear from you! Join our staff and ask questions, offer ideas and comments about the clubhouse. Pizza party will start at 6:00, member discussion will start at 6:30pm. Mon, November 2, 6:00-8:00.

Annual Night of Remembrance:
This is a chance to remember and celebrate that special person by sharing a night with other members. Bring a picture or memento that you would like to display. Enjoy conversation, light snacks, and relaxing music. Wed. November 18, 6:00-8:00pm

HIGHLIGHTS IN NOVEMBER



2816 Smallman Street
Pittsburgh, PA 15222



WHO CAN BECOME A MEMBER?

- Men, women, teens & children touched by any type of cancer (recently diagnosed, recurrence or long term cancer survivor).
- Families & friends touched by cancer in any way or have lost a loved one to cancer.

NEW MEMBER MEETING

New Member Meeting: This is a meeting for anyone who is interested in joining Gilda's Club and would like to learn more about the program. You can share your story or simply sit and listen. This is a one-time meeting for adults with cancer or families/friends living with cancer in their lives. Please call to register.

PLEASE REMEMBER

- Call to register for all classes and events 24 hours in advance.
- Classes and events without a minimum number of pre-registered members may be cancelled.
- If you have a cold or any contagious illness, we ask that you be considerate of fellow members whose immune system may be compromised and wait to visit us when feeling better.
- **Weather – In the event of bad weather, please call ahead of time to see if the scheduled activity is being held or check KDKA-TV or WTAE-TV for closing status.**

NOOGIELAND

A special place for children living with cancer in their lives. Call Kathleen Petulla (412) 338-1919 for more information about how your child can become involved.

SUPPORT GROUPS

Please call Colleen Dwyer (412) 338-1919 to sign up prior to attending a group for the first time.

Bereavement Group: Adults who have experienced the loss of a parent, child or loved one from cancer. Every other Tuesday, 6:00-8:00pm

Family/Friends Group: Family & friends touched by cancer. Thursdays 6:00-8:00pm.

For Kids Only: Activities in the clubhouse for kids/teens. Please register, Tuesday, November 3 & 17 6:00-8:00pm

Kid Support: An 8-week peer support group offering children/teens the opportunity to make friends and learn skills to help when cancer is in their lives. Please call (412) 338-1919 with questions.

Living with the Loss of Spouse/Partner Group – Every other Tuesday 6:00-8:00pm.

Wellness Group: Men and women living with cancer. Tuesdays 11:30-1:30pm and Thursdays 6:00-8:00pm

VOLUNTEERS

Basic Volunteer Orientation – Learn about the Gilda's Club philosophy and available volunteer opportunities. Please call Ann Amato to register for next orientation.

Volunteer Networking Group – A group for trained volunteers to meet and exchange experiences. Sat. November 14, 10:30-11:30pm.

NETWORKING GROUPS

Groups for anyone living with the specific diagnosis or common issue. Groups meet to discuss common issues, support one another about fears, relationships, physical challenges, etc. Sign up 24 hours in advance.

After Cancer and Beyond:

Thurs. November 19, 6:00-7:30 pm

Breast Cancer Networking Group:

Tues. November 17, 6:30-8:00 pm.

Gynecologic Networking Group:

Tues. November 17, 6:00-7:30 pm

Living with Cancer in your 20's & 30's:

Tues. November 10 & 24, 6:30-8:00pm

Multiple Myeloma Networking Group:

Tues. November 10, 6:00-8:00pm

Prostate Cancer Networking Group:

Tues. November 3, 6:30-8:00 pm

Recurrence Networking Group:

Mon. November 30, 6:30-8:00pm

ONGOING WORKSHOPS

Acting Up Theatre Workshop - is an introductory level theatrical workshop that will focus on theatrical and performance techniques, games, and exercises. Aimed at breaking down borders and barriers, Acting Up is sure to be a fun place to let loose and express yourself. This workshop is for members 15 years old and up. Every Monday (except 11/2) 6:00-8:00pm

Art Workshop with our Volunteers - No experience necessary and materials will be provided. November 4 & 18 art with Daviea, November 11 art with Donna, November 25 art with Cindy, Every Wed. 1:30-3:00pm (please register).

Basketry Weaving Workshop - If traditional basketry, is more your style, then come and create a woven reed basket with an option for beads and/or colored reed/ rafia. Wed. November 4 & November 16, 6:00-8:00pm

Beading Workshop - Join us in making a bracelet or necklace with beads. Tues. November 17, 5:00-6:00pm

Cooking Workshop: Soup in a Jar - Its autumn and time for an encore presentation of the Soup in a Jar Workshop! Sample a steaming bowl of friendship soup and make a jar to take home or to give as a gift. Register early, space is limited. Sat. November 21, 11:00-1:00pm

Express Yourself with Writing - Journaling sisters, Beth Hanis and Nadene Purcell, collaborate to offer a unique and exciting night of self expression and creativity through writing and a hands on activity. Light refreshments and materials will be provided. Mon. November 23, 6:00-8:00pm.

Gentle Yoga - Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 11:30-12:30pm, Tues. 6:30-7:45pm, and Wed. 12:30-1:30pm & Sat. November 21, 10:00-11:00am

NEW Gentle Yoga & Relaxation - slow, gentle introduction to yoga with elements of basic yoga, guided relaxation, and meditation. Every Fri except 11/27, 10:00-11:00am

Gilda's Quilters - Our quilters are busy documenting history for Gilda's -- making blocks with member's and volunteer's signatures to create a quilted wall hanging for the Clubhouse. You do not have to be an experienced quilter. They are using 3-4 basic blocks that are easily learned, and you can create those same blocks to make a quilt for your own home. Tues. November 10, 5:30-7:30pm

Give Back Workshop with CREW - Join CREW (Commercial Real Estate Women) as we give back to others that have been touched by cancer. We will sew Satchels of Caring for women currently in chemo. They are unique bags filled with inspirational items. Sat. November 21, 1:00-3:00pm.

Knit Wits (knitting, crocheting, needlepoint or cross-stitch group) - Learn how to knit or bring a project you are currently working on and keep the others company. Please join us if you crochet, needlepoint, cross-stitch or do any other needle art. Every Wed. 3:00-6:00pm (no class 11/25) & Thurs. 4:30-6:00pm (no class 11/26)

Painting Silk Scarves Workshop - It is a soul soothing and relaxing time spent creating something beautiful and soft to wear. Join Evi Slaby to paint 35"x35" 100% silk scarves. No prior knowledge of painting is required. Just bring your curiosity! Space is limited to 7 participants so call early to register. This workshop is open to those members who have not yet participated. Thurs. November 12, 1:00-3:00pm

Poetry Workshop - Interested in learning more about poetry? Join us for an engaging afternoon of poetry when volunteer Kathy will offer fundamental instruction and fun exercises on writing poems. Light refreshment to be provided. Please register. Mon. November 9, 12:30-2:00pm

NEW TIME Red Door Readers - Come join our adult Gilda's Book Club and enjoy a warm cup of coffee or tea. November's discussion will be *Fahrenheit 451* by Ray Bradbury. November 20, 6:30-8:00pm

Scrapbook Workshop - An introductory class to scrapbooking. Please bring photos and don't forget to sign up for this class, space is limited. Materials and light refreshments will be provided. Come enjoy a wonderful morning of scrapbooking! Sat. November 21, 9:00-1:00pm

Walk-n-Talk - Join our walking group around the strip. Enjoy the sights and conversation. Every Fri. 11:00-12:00am (no walk 11/27)

EVENTS OUTSIDE THE CLUBHOUSE

Friday, November 27th - Eyetique, the world's finest collection of unique eyewear, will begin their annual 40% off sale. Every Friday (4 total) during the sale, will be **RED** Friday in honor of Gilda's Club Western PA. 5% of all new sales of lenses, frames or sunglasses from all **Eyetique** locations will be donated to Gilda's Club.



Gilda's Club® Western Pennsylvania

A free cancer support community for men, women, teens and children touched by cancer as well as their family and friends.

412-338-1919

SOCIAL EVENTS

NOVEMBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CLUBHOUSE CLOSED	1	2 11:30-12:30 Gentle Yoga 6:00-8:00 Member Town Hall Meeting/ Pizza Party	3 11:30-1:30 Wellness Group 6:00-8:00 Bereavement Group 6:00-8:00 Living with the Loss of Spouse/Partner Group 6:00-8:00 For Kids Only: Activities in the Clubhouse 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga	4 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Daviea 3:00-6:00 Knit Wits 6:00-7:30 New Member Meeting 6:00-8:00 De-Stressing for the Holidays Lecture/Dinner 6:00-8:00 Basketry Weaving Workshop	5 6:00-8:00 Wellness Group Friends/Family Group Kid Support 6	6 10:00-11:00 NEW Gentle Yoga & Relaxation 11:00-12:00 Walk-n-Talk	7 CLUBHOUSE CLOSED
	8	9 11:30-12:30 Gentle Yoga 12:30-2:00 Poetry Workshop 6:00-7:30 New Member Meeting 6:00-8:00 Acting Up Workshop 6:00-8:00 Innovations in the Treatment of Pancreatic Cancer Lecture/Dinner	10 11:30-1:30 Wellness Group 5:30-7:30 Gilda's Quilters 6:00-8:00 Multiple Myeloma Networking Group 6:30-8:00 Living with Cancer in your 20's & 30's 6:30-7:45 Gentle Yoga	11 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Donna 3:00-6:00 Knit Wits 6:00-8:00 Thanksgiving in the Tropics	12 1:00-2:30 New Member Meeting 1:00-3:00 Painting Silk Scarves Workshop 4:30-6:00 Knit Wits 6:00-8:00 Wellness Group Friends/Family Group Kid Support 7	13 10:00-11:00 NEW Gentle Yoga & Relaxation 11:00-12:00 Walk-n-Talk	14 10:30-11:30 Volunteer Networking Group 12:00-2:00 Super Saturday
	15	16 11:30-12:30 Gentle Yoga 6:00-7:30 New Member Meeting 6:00-8:00 Acting Up Workshop 6:00-8:00 Basketry Weaving Workshop 6:00-8:00 Ask the Nurse: Lung Cancer Lecture/Dinner	17 11:30-1:30 Wellness Group 5:00-6:00 Beading Workshop 6:00-8:00 Bereavement Group 6:00-8:00 Living with the Loss of Spouse/Partner Group 6:00-8:00 For Kids Only: Activities in the Clubhouse 6:00-7:30 Gynecologic Networking Group 6:30-8:00 Breast Cancer Networking Group 6:30-7:45 Gentle Yoga	18 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Daviea 3:00-6:00 Knit Wits 6:00-8:00 Annual Remembrance Night: Bring a Memento to Share.	19 4:30-6:00 Knit Wits 6:00-7:30 After Cancer & Beyond Networking Group 6:00-8:00 Wellness Group Friends/Family Group Kid Support 8	20 10:00-11:00 NEW Gentle Yoga & Relaxation 11:00-12:00 Walk-n-Talk 11:00-1:00 NEW TIME Red Door Readers	21 9:00-1:00 Scrapbook Workshop 10:00-11:00 Gentle Yoga 10:00-11:30 New Member Meeting 11:00-1:00 Cooking Workshop: Soup in a Jar 1:00-3:00 Give Back Workshop with CREW
	22	23 11:30-12:30 Gentle Yoga 6:00-8:00 Express Yourself Through Writing 6:00-8:00 Acting Up Workshop	24 11:30-1:30 Wellness Group 3:00-4:30 New Member Meeting 6:30- 8:00 Living with Cancer in your 20's & 30's 6:30-7:45 Gentle Yoga	25 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Cindy Clubhouse Closed at 3pm	26 	27 CLUBHOUSE CLOSED	28 CLUBHOUSE CLOSED
	29	30 10:00-12:00 Look Good...Feel Better Workshop 11:30-12:30 Gentle Yoga 6:00-8:00 Acting Up Workshop 6:30-8:00 Recurrence Networking Group	Help Gilda's Club GO GREEN! If you would like to receive the calendar via email please contact us at colleen@gildasclubwesternpa.org		United Way #221008		Become a Member - It's FREE 1. Call (412) 338-1919 to register for a New Member Meeting (NMM). 2. Attend New Member Meeting (NMM). 3. Meet with a staff member to create a FREE Customized Membership Plan. 4. Participate and come to the clubhouse as often as you like.

Member Town Hall Meeting & Pizza Party
Members, we want to hear from you! Join our staff and ask questions, offer ideas and comments about the clubhouse. Pizza party will start at 6:00, followed by discussion at 6:30. Don't forget to register! Mon. November 2, 6:00-8:00pm

Thanksgiving in the Tropics Take Four
We are so pleased to welcome back the Pittsburgh Parrot Head Club (a Jimmy Buffet fan club) for the fourth year in a row as sponsors of our Thanksgiving Feast. Come and enjoy a delicious meal, fun games, lively Jimmy Buffet music, and meeting other members. Remember to wear your tropical gear. Please register by November 4 so we can plan accordingly. Wed Nov 11 6:00-8:00pm

Super Saturday/T4T (Teens for Teens):
Family time in the clubhouse. Come and enjoy fun activities and snacks. Sat. November 14, 12:00-2:00pm

Annual Night of Remembrance:
This is a chance to remember and celebrate that special person by sharing a night with other members. Please bring a picture/ memento that you would like to display, a poem to share or a song to sing. Enjoy conversation, light snacks and relaxing music. Wed. November 19, 6:00-8:00

LECTURES/WORKSHOPS

De-Stressing for the Holidays Lecture/Dinner
Holidays are a wonderful time of year with family, friends and good will, but they can also be stressful in many ways. Join Melissa Sokulski of the Birch Center for Health for an evening of stress management techniques such as meditation and visualization, as well as discussion on keeping immunity strong throughout the winter season. Wed. November 4, 6:00-8:00pm

Innovations in the Treatment of Pancreatic Cancer Lecture/Dinner
November is Pancreatic Cancer Awareness Month - Please join us as Dr. Herbert Zeh and Dr. A. James Moser from UPMC Pancreatic Cancer Center, discuss and answer questions about Pancreatic Cancer. Theresa Dukovich, will be available to answer questions about the Pancreatic Cancer Action Network (PANCAN). Please register. Monday, November 9, 6:00-8:00pm

Ask the Nurse: Lung Cancer Lecture/Dinner
It's Lung Cancer Awareness Month. Join us as Jean Kozachuk, RN discusses non small cell lung cancer and its treatment. Please bring your questions! Mon. November 16, 6:00-7:30pm.

Look Good...Feel Better Workshop
Presented by the American Cancer Society. Make-up, hats, wigs, etc. Light refreshments will be provided. Only for those currently in treatment. Mon. November 30, 10:00-12:00pm